Abstract

Title: Pedagogy of yoga due to population heath and targeted to extension positions and their effectivness to physiotherapy

Objectives: The aim of the thesis is to clarify and collect sufficient information in the theoretical part about the anatomical, kinesiological and biomechanical aspects of the bending positions. After that, I will try to elaborate the theoretical background of yoga, its history, philosophy and a detailed description of selected bending positions (Usthrasana, Bhudjangasana, Urdhva mukha shvanasana), which are based on yoga. Grounded on the research questions in the practical part, I will assess whether there are discrepancies between the theoretical basis of the positions and the way they are taught in the classes today. I will evaluate how are the lessons currently taught in open yoga classes, whether they include those positions or not. I will also point out the use of compensatory aids and the degree education plays in this field. An integral piece of the practical part will be a summary of whether yoga classes take into an account the health of the clients.

Methods: This is the theoretical-empirical character of the work. The research method is the observation and form of interview with yoga instructors on publicly accessible yoga lessons.

Results: It has been confirmed that there is a considerable discrepancy between theoretical background and current yoga teaching in publicly available lessons. Whether health education combined with a certified yoga education plays a role in terms of the health status of clients and their yoga level has been partially confirmed. It has been established that bend positions are included in lessons, however, only partly because instructors tend to include simpler positions rather than those more advanced. The consideration of the health and yoga status of their clients in the lessons was also only partially confirmed.

Keywords: yoga, extention positions, bend poses, physiotherapy, Bhudjangasana, Usthrasana, Urdhva mukha shvanasana, health